

SANDWICH COUNCIL ON AGING



NEWS

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DIRECTOR: JANET TIMMONS

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We're Here For You!

October 2016

DIRECTOR'S REPORT:

The Fall season is upon us – weather is now cooler and the air has a crispness to it and we have the beautiful autumn colors. The days are becoming shorter and for many it is difficult to get motivated to leave the house, to enjoy social events and social interaction. But – loneliness has been linked to serious health problems and death among the elderly. Loneliness – the unpleasant feeling of emptiness or desolation – can creep in and cause suffering to people at any age. But it can be especially debilitating to older adults and may predict serious health problems according to a new study by University of California, San Francisco. One of the more surprising findings is that loneliness does not necessarily correlate with living alone. The study found 43 percent of surveyed older adults felt lonely, yet only 18 percent lived alone. The study leaders believe the impact of loneliness on an elderly patient is different from the effects of depression. While depression is linked with a lack of enjoyment, energy and motivation; loneliness can be felt in people who are fully functional but feel empty or desolate.

So – be mindful of the benefit to YOU of finding something meaningful in your life – perhaps classes on topics that you have long been meaning to explore—Cape Cod Community College Lifelong Learning Center is a wonderful resource. Your senior center offers many classes/groups. Do you have a skill that you could share and teach a class?! Volunteering is another possibility and many area agencies are recruiting volunteers – including us!

So please take that step and begin to explore options and we are here if you need help or direction.

Jan

ELDER SERVICES OF CAPE COD AND ISLANDS UPDATE: Elder Services has increased the suggested voluntary donation amount from \$2.00 - \$3.00 per meal. Consumers were notified that this was the first increase in 'many years' and it actually is the first increase in close to twenty years.

PUBLIC HEALTH NURSE – 508-833-8020 -- ADULT FLU CLINIC

The Sandwich Public Health Nursing Department will be offering flu shots to adults 19 years and older on Wednesday, October 12, 2016 from 9:00 a.m. – Noon and 1:00 – 4:00 p.m. at the Human Services Building at 270 Quaker Meetinghouse Rd., E. Sandwich. Most insurances will pay (exceptions are Aetna and United). Please bring ALL insurance cards including Medicare and Mass Health. The cost for self-pay is \$15. **APPOINTMENTS ARE NECESSARY. PLEASE CALL 508-833-8020 TO SCHEDULE AN APPOINTMENT.** Those adults who will be having surgery, chemotherapy, or radiation prior to the clinics should call the office to discuss an earlier appointment.

Sandwich Council on Aging Newsletter is on TV! As an additional venue for those wanting to learn what's happening each month at the COA, tune to Sandwich Community TV throughout the month. Host Greg Anderson will talk about what's happening and provide helpful information about ways for you to make the most of our events and programming. Greg has fun with this program and we hope you check it out!

FRIENDS OF SANDWICH COUNCIL ON AGING-Thursday, October 20, at 1:00 p.m.

You are cordially invited to the Annual Meeting and Luncheon of Panera Boxed Lunch after the meeting.

Registrations required: Call Sandwich COA at 508-888-4737 to sign up for this free lunch by Monday, October 17 at noon.

FITNESS & WELLNESS PROGRAMS:

NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR. This form is good until there is a change in your medical condition.

A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk-ins on the day of the first class will not be permitted. Note: It is our policy you can try one class to see if it fits your needs before committing to registration.

Please note: The prices noted below are the discounted prices for Sandwich Residents – Non-residents add \$10.

Zumba Gold		Peg
	Monday/Friday mornings	7:50 – 8:40 a.m.
Fall #2	Oct. 3 – 31 (No 10/10)	\$40
Fall #3	Nov. 4, 7, 14	\$15

Evening Yoga – Mondays		3:30 – 4:30 p.m.	Susan
Fall #2	Oct. 3 – 31	No 10/10	\$20
Classes resume in April!!			

YOGA CLASS -- TUESDAYS		Sherill
9:00 a.m. – 10:00 a.m. GENTLE YOGA		
10:30 a.m. – 11:30 a.m. MORE CHALLENGING		
Fall #2	Oct. 25 – Nov. 29 (no 11/22)	\$30
Winter #1	Dec. 6 – Dec. 20	\$18

YOGA CLASS -- Thursdays at 9:00 a.m.		Sherill
CHAIR YOGA – Thursdays at 10:30 a.m.		Sherill
Fall #2	Oct. 27 – Dec. 1 (no 11/24)	\$30
Winter #1	Dec. 8 – Dec. 22	\$18

RESTORATIVE YOGA - Wednesdays at 4:30 p.m.		Sherill
Fall #2	Oct. 26 – Nov. 30	No 11/23 \$35
Winter #1	Dec. 7 – Dec. 21	\$21

Please plan to arrive early to class as there is time needed for you to set up your area. Also, bring a beach towel, pillow and/or blanket.

Tai Chi – Qi Gong Tuesdays 1:00 p.m. Jeanette

Fall #2	Oct. 4 -- 25	\$20
Fall #3	Nov. 1 – 29	\$25

Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance.

20 – 20- 20	(Advanced)	Dianne
Wednesdays		7:45 a.m.
Fall #2	Oct. 5 – 26 (no 10/12)	\$22.50
Fall #3	Nov. 2 – 30	\$37.50
Saturdays (Advanced)		9:00 – 10:00 a.m.
Fall #2	Oct. 1 – 29	\$37.50
Fall #3	Nov. 5 – 26	\$30

Total body workout – a low impact dance aerobics and strength training program. Some floor work.

MASSAGE:	Dee
First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.	
Great program to help reduce stress and stiffness, etc.	
Call Sandwich COA at 508-888-4737 to book your appointment.	

Cardio/Strength Building Class		Dianne
Wednesdays		9 – 10:00a.m.
Fall #2	Oct. 5 – 26 (no 10/12)	\$22.50
Fall #3	Nov. 2 – 30	\$37.50

Fridays		9 – 10:00 a.m.
Fall #2	Oct. 7 – 28	\$30
Fall #3	Nov. 4, 18	\$15
Total body workout – a low impact dance aerobics and strength training program. A great workout for ALL levels.		

Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-888-8007

Walking Group: Meets 8:00 a.m. at the Canal, Freezer Road. This group walks Mondays and Thursdays. They welcome new participants. Call Sandwich COA at 508-888-4737 if interested.

Planning is underway for new fitness programs – stay tuned!!

Please note: *Sandwich COA does not endorse any seminars. Seminars are for informational purposes only.*

OCTOBER PROGRAMS:

Mondays --- 10AM – Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. **Join this fun group!**

Please call Sandwich COA at 508-888-4737 to register for this program.

GENEOLOGY Classes - **Thursday, October 6 at 1:00 pm** **GENEOLOGY-** Judy Hendy
Note: Ms. Hendy will also work on *your* genealogy for a very small fee. **This group will meet in the upper back meeting room.**

Fridays October 7 and 21 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - Four of the books topping Amazon’s best seller list this past season have been **ADULT COLORING BOOKS.** We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you to try the newest craze! Come enjoy a relaxing morning. Unwind, unplug, and do something good for yourself. Besides, it’s fun!

Call the Sandwich COA at 508-888-4737 to sign up. **Join this fun group!**

Tuesday October 11 at 1:00 p.m. SOLO DINING The restaurant for *October* : *“The Mezza Luna”* A nice way to meet people. You order off the menu and we try to pick restaurants that agree to give individual checks.

No Walk-Ins Please as we do call and make a reservation. Call Sandwich COA at 508-888-4737 to sign up by the ***deadline date of noon, Friday, October 7.***

Wednesday, October 12 – NO COA PROGRAMS -- Nursing Dept. FLU CLINIC
Call them at 508-833-8020 for an appointment

Friday, October 14 and 28 at 10:30 a.m. CURRENT EVENTS DISCUSSION GROUP
Discussion program will have organized areas of discussion on such topics as politics, arts, science, world events, etc. Come and join this very welcoming group.

Call the Sandwich Council on Aging at 508-888-4737 to let us know you will be attending.

Thursday, October 13 at 1:00 p.m. ESTATES, TRUSTS AND MEDICAID PLANNING presented By Attorney Patricia Mello’s Office.

Come learn about basic estate planning and the need for certain documents such as Durable Power of Attorney, Health Care Proxy, Last Wills and Testament and Trusts which can accomplish your own estate planning goals and objectives. Further discussion will address how to protect your assets against long-term care costs as a result of the most recent changes in Medicaid law.

Please register by calling the Sandwich Council on Aging at 508-888-4737.

Wednesday, October 19 at 11:00 a.m. ART FOR THE MIND FAMOUS IMPRESSIONS
Famous Impressions takes us from Pissarro and Money to Cezanne and van Gogh. Learn what the Impressionist and Postimpressionist painters believed, how they worked and how their creations stirred up the art world, inspiring so many artists and individuals who followed. With a brief overview of the language of art, viewers learn new ways to read paintings and works of art while becoming engaged in a search for clues and meaningful connections. Come see that looking closely at art in a group setting is informative and fun.

Please sign up with the Sandwich Council on Aging at 508-888-4737.

Please remember, if going away for the winter months, call and put a hold on your newsletter. It costs double when the post office returns it! 508-888-4737 or mesteeves@townofsandwich.net

Wednesday, October 19 from 1:00 - 4:00PM
Painting Class

Painting classes continue this fall! If you have never painted, but always wanted to try, this is the class for you! Artist Ann DesRoches teaches you all about technique and color in a laid back, relaxed atmosphere. In this class you will be painting a fall scene step by step with the Instructor. If you've ever taken a class with Ann, the supply fee of \$15.00 is waived for this class. Cost with the supply fee is \$35.00.

Please Call Sandwich COA at 508-888-4737 to register. Deadline to register and pay is Wed, Oct. 12.

Thursday, October 27 at 1:00 p.m.
Medium Karen Schermerhorn

After studying with John Hollard, one of the most renowned authentic psychic mediums on the world stage and Lauren Rainbow, voted New Hampshire's best psychic medium, Karen Schermerhorn, developing medium, is offering at no charge an hour of healing messages from your loved ones.

Preregistration if required. Please note there is a limited number of spaces so please register early by calling the Sandwich Council on Aging at 508-888-4737 to insure your spot.

Also, it cannot be guaranteed that all audience members will receive a message.

Thursday, October 20th at 1:00 p.m. . Friends of Sandwich COA Board Meeting - Upper Level
ANNUAL MEETING - Luncheon
Panera Boxed Lunch after the meeting. No charge
Reservations required-Call COA at 508-888-4737

Monday, October 24 at 8:30 a.m. COA Board Meeting - Lower Level

Wednesday, October 26 at 12:30 p.m.
ANNUAL HALLOWEEN LUNCHEON with ENTERTAINMENT by *Brian Kelly*.

Come and enjoy a catered meal of: Salad, American Chop Suey, Dessert and Beverage.

Cost is \$6.00 per person (checks preferred). *The deadline to register and pay is Wednesday, October 19 at noon.* Registration is required - Call Sandwich Council on Aging at 508-888-4737.

Costumes are encouraged! Come and enjoy some fun and surprises.

Tuesday, Nov. 1 from 9:00 a.m. - 2:00 p.m.
Free Oral Health Screenings
Provided by Cape Cod Community College
BY APPOINTMENT

Students will provide free dental screenings, oral cancer exam, cleaning and oral health information. Students are supervised by instructors.

Appointments required....Sandwich Residents only. **To schedule your appointment, please call Sandwich Council on Aging at 508-888-4737.** If you need to be pre-medicated, please take your prescription before your appointment. You will also be required to complete a medical history form before day of the appointment. Please bring a list of any medications you are currently taking.

Sandwich Council on Aging thanks CCCC Dental Hygienic program students and faculty for their ongoing commitment to providing screenings to our senior citizens.

Outreach Corner: Rita Wahlstedt**OCTOBER IS NATIONAL FIRE PREVENTION MONTH! BE FIREWISE!**

Fire Prevention Month has roots that date back to The Great Chicago Fire of 1871 that killed more than 250 people and left more than 100,000 homeless. Plan escape routes and make sure all those residing within the home know the plan of action, including your pets! With the recent drought, be extra aware of your outdoor surroundings while enjoying your fire pit or camping. **KNOW HOW TO PREVENT A WILDFIRE!**

- Contact 911, your local fire department if you notice an unattended or out-of-control fire.
- Never leave a campfire unattended. Completely extinguish the fire—by dousing it with water and stirring the ashes until cold—before sleeping or leaving the campsite.
- When camping, take care when using and fueling lanterns, stoves, and heaters. Make sure lighting and heating devices are cool before refueling. Avoid spilling flammable liquids and store fuel away from appliances.
- Do not discard cigarettes, matches, and smoking materials from moving vehicles, or anywhere on park grounds. Be certain to completely extinguish cigarettes before disposing of them.
- Follow local ordinances when burning yard waste. Avoid backyard burning in windy conditions, and keep a shovel, water, and fire retardant nearby to keep fires in check. Remove all flammables from yard when burning.

***FUEL ASSISTANCE** will be in full swing mid-September! If you have a recertification needing completion or review, please call to schedule an appointment with Rita now. Do not wait until mid-winter, as the application takes weeks to process. Please call 508.888.4737.*

Volunteer Corner:**Pat Ryan**

Happy Birthday to all our volunteers celebrating a birthday this month! Best Wishes to Louise Condon, Jeff Hyman, Frank Miller, and Carolyn Motta. Thank you for all you do!

Volunteer Opportunities

Friendly Visitor Volunteer Program: This one on one, one hour a week commitment pairs volunteers with homebound seniors. Call Pat at the COA office for more information, or stop by and pick up a volunteer application.

Shopping van drivers – Using our shopping van, volunteers bring seniors to the grocery store where they have an hour to shop for groceries. Stops at the pharmacy and banks are also allowed on this trip. Our shopping van runs on Thursday mornings and volunteers are asked to drive one Thursday a month. **If you can help us keep this important service going please call or stop by the office.**

Painting Classes with Ann DesRoches – October 19th 1:00PM – 4:00PM

Painting classes continue this fall! If you've never painted, but always wanted to try, this is the class for you! Artist Ann DesRoches teaches you all about technique and color in a laid back, relaxed atmosphere. In this class you will be painting a fall scene step by step with the Instructor. If you've ever taken a class with Ann, the supply fee of \$15.00 is waived for this class. Cost with the supply fee is \$35.00. Please call to register.

Contact Pat Ryan at 508-888-4737 if interested in volunteering! Or – do you have a program you would like to present- travelogue, special interests or hobby?

SHINE INFORMATION**Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for **2017**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE-Appointments fill up fast! Call the Sandwich COA at 508-888-4737 and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

Note from Executive Office of Elder Affairs:
Do not ignore Medicare Mail!! It is that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO) you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (Oct. 15 – Dec. 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Call Sandwich COA at 508-888-4737 to schedule your appointment.

A REMINDER...

The Sandwich Council on Aging does have a scholarship program available to low-income seniors for activities and programs. There is an application process with documentation required. This is a confidential process. Please contact Jan Timmons or Rita Wahlstedt to discuss this process.

Foot Care for Seniors....

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of nails; reduction of thickened toenails, smoothing of corns and callouses; massaging, moisturizing lotion and powdering of the feet. Cost is \$29 per visit and is not covered by insurance. Home visits are available for shut-ins for \$50.00. Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

COMMUNITY NEWS:

Heritage Museum and Gardens: October is the perfect time to visit Heritage Museums and Gardens: Feel like a kid again as you ride a vintage carousel, marvel at the ingenuity and beauty of classic automobiles of the last 100+ years, explore art and Americana. Explore beautiful gardens in bloom in gorgeous fall weather, a special exhibit featuring presidential caricatures by political cartoonist Taylor Jones is sure to get your vote, See the exhibit everyone's talking about – *CUT! Costume and the Cinema*, featuring gorgeous gowns, dapper suits, and other beautifully hand-crafted costumes worn by Johnny Depp, Kate Winslet, Keira Knightley, Maggie Smith, and more.

The Museums and Gardens is open daily from 10:00 a.m. – 5:00 p.m. through October 10. Show your AAA card for a special discount on admission.

**DON'T FORGET YOUR FLU SHOT...CALL
508-833-8020 –Public Health Nurse**

COA – Miscellaneous Info:

SUPPORT GROUPS:

Bereavement, Changes and Loss Support Group: Richard Bickford, LICSW, is facilitating this program, generously co-sponsored by the VNA, for people who are coping with the loss of a spouse/significant other or any other major changes that are difficult to deal with.

The program meets the second and fourth Wednesday each month at 1:00 p.m.

Sight Loss Support Group for Visually Impaired Meets 4th Friday – Mashpee COA 10:00 a.m. – Noon Transportation available. Call Sight Loss Support at 508-394-3904.

Aphasia Community Group/Caregivers - (1st Wednesday) 2nd Fl. Dining Room – Spaulding Cape Cod. Aphasia Group meets in Dining Room and Caregivers meet in room next door. For additional info contact Barbara Fitton at 508-833-4268.

SUGGESTION BOX – We have a **Suggestion Box** in the meeting room to the left of the door. Please use this to make suggestions regarding programs, activities you would like the COA to offer. Also, you can give us your thoughts on existing programs. You may also call Jan Timmons at 508-888-4737. Many of our programs and services happen because you asked for them.

GRATITUDE BOX – LOCATED IN THE RECEPTION AREA IN FRONT HALL – Please jot down your thoughts on what you are grateful for in your life We hope to print some of these in future newsletters.

Fall and Winter Programming....Do you have a program you wish to present? How about programs you would like to see offered? Now is the time to let us know. Please call Jan Timmons at 508-888-4737 with your ideas. Many of YOUR suggestions become successful programs!

COA Lending Library: The COA has books and videos in the bookcases for you to take. These have been donated by various people for that purpose. Some of our books are large print as well. Please stop by and check out the selection next time you are in the area. We also have lots of puzzles for you to take as well.

We need your help.....

As a program participant you know that many of our activities and programs are booked back-to-back. We need **your** help in insuring that the meeting rooms are kept clean and organized. *We also ask you to be respectful of other groups and people. If you do arrive early, you may not be able to access your meeting space so please plan on waiting in the waiting area in our front hall.*

After your group/activity, please pick up and throw away your trash and put tables and chairs back to where you found them. If you spill something, let us know so it can be cleaned ASAP.

We appreciate your support in keeping your meeting space neat.

We need your consideration.....

When you sign up for a program, class, or make an appointment to meet with one of the professionals who donate their time to YOU – **please be courteous and call the Council on Aging office to let us know you cannot attend.** Many of our program providers travel a distance to meet with you.

TRANSPORTATION OPTIONS:

**Provided by Sandwich Council on Aging:
COUNCIL ON AGING VAN/BUS
TRANSPORTATION
9:00 A.M. – 2:00 P.M.**

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m.**

Call the Sandwich Council on Aging at 508-888-4737 early to book your reservation. Seating is limited. *If using a wheelchair you must have a companion with you —the driver cannot accompany you into the building for your appointment.*

Also, Sandwich Council on Aging volunteers provide **transportation to medical appointments.** This service is for routine visits only. We ask for at least three days notice prior to your appointment in order to succeed in finding a volunteer driver. We also ask that you book your appointments no earlier than 9:00 a.m. (local) and no later than 2:00 p.m.

We also have our **grocery shopping van** to Stop and Shop on Thursday mornings as well as to a pharmacy and bank.

**Provided by Cape Cod Regional Transportation:
BOSTON LOCAL HOSPITAL
TRANSPORTATION**

Travel from Cape Cod direct to Boston hospitals on a wheelchair accessible bus, Monday – Fridays (no holiday service).

Pickup Locations Mid & Upper Cape
8:00 a.m. Barnstable (Rt. 6 & 132 Burger King)
8:15 a.m. Sagamore (Rotary Commuter Lot)

Reserve by 11:00 a.m. the day before. Cost is \$30 round trip; \$15 one way. Reservations - 1-800-352-7155. Schedule medical appointments between 10:00 a.m. and 2:00 p.m. Bus leaves Boston no later than 3:00 p.m.

CAPE COD REGIONAL TRANSIT AUTHORITY... FIXED BUS ROUTES!

Cape Cod Regional Transit Authority (CCRTA) has begun a fixed route service in Sandwich. The route begins at the Sagamore Park and Ride Lot and makes various stops on its way to Hyannis. You can access this service at the specified stops or flag the bus down if you are between stops. Cost for senior citizens age 60 and over and disabled of any age is \$1.00 per one way ride.

You must have exact change as driver will not make change. CCRTA vehicles are handicapped accessible. And the COA is a stop on this route!!

For additional information call CCRTA at 1-800-352-7155.

CCRTA also runs the **DART** bus that provides door-to-door service. They require 24 hour notice.

ELDER SERVICES OF CAPE COD & ISLANDS INFORMATION:

Elder Luncheon Program:

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, four days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$2.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Fridays. Reservations need to be made by calling 508-888-2965.

OPTIONS COUNSELING:

Options Counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting. Options Counseling is a FREE service provided by Elder Services of Cape Cod and the Islands.

For more information, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.

Town of Sandwich

THE OLDEST TOWN ON CAPE COD

130 MAIN STREET
SANDWICH, MA 02563

TEL: 508-888-4910 AND 508-888-5144

FAX: 508-833-8045

E-MAIL: selectmen@townofsandwich.net

E-MAIL: townhall@townofsandwich.net



BOARD OF
SELECTMEN

TOWN
MANAGER

NATIONAL SENIOR CENTER MONTH

A PROCLAMATION

Town of Sandwich, Barnstable County, Massachusetts

Whereas, Sandwich, Massachusetts is home to more than 6,141 citizens 60 years of age or older (31% of population); and

Whereas, the older citizens of Sandwich Massachusetts represent a dramatic trend in our demographic makeup; and

Whereas, older Americans are significant members of our society, investing their wisdom and experience to help enrich and better the lives of younger generations; and

Whereas, the Sandwich Council on Aging/Senior Center has acted as a catalyst for mobilizing the creativity, energy, vitality, and commitment of the older residents of Sandwich, Barnstable County, Massachusetts; and

Whereas, through the wide array of services, programs, and activities, Councils on Aging/Senior Centers empower older citizens of Sandwich, Barnstable County, Massachusetts to contribute to their own health and well-being and the health and well-being of their fellow citizens of all ages; and

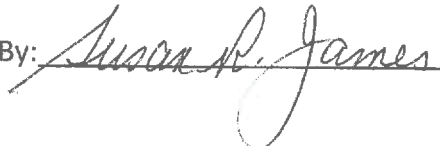
Whereas, the Sandwich Council on Aging/Senior Center in the town of Sandwich, Barnstable County, Massachusetts affirm the dignity, self-worth, and independence of older persons by facilitating their decisions and actions; tapping their experiences, skills, and knowledge; and enabling their continued contributions to the community;

Now, therefore, I, Susan James, Chairman Sandwich Board of Selectmen, do hereby proclaim September 2016 **National Senior Center Month**.

And call upon all citizens to recognize the special contributions of the Sandwich Council on Aging/Senior Center participants and the special efforts of the staff and volunteers who work every day to enhance the well-being of the older citizens of our community.

Dated this 15th day of September 2016

Sandwich Board of Selectmen

By:  Susan James, Chair

October 2016

COUNCIL ON AGING ACTIVITIES

Mondays	October	Cribbage Group	10:00 a.m.
Thursdays	October	Barber for Men	9:00-11:30
Wednesday	Oct. 5	Massage Therapy**	1:00 p.m.
Thursday	Oct. 6	Genealogy	1:00 p.m.
Friday	Oct. 7,21	Unwind at the COA- Adult Coloring	10:00 a.m.
Tuesday	Oct. 11	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Oct. 11	Solo Dining – Mezza Luna	1:00 p.m.
Wednesday	Oct. 12	Flu Clinic	9am-4pm
Thursday	Oct. 13	Attorney Michael Lavender**	1:00 p.m.
Thursday	Oct. 13	“Estates, Trusts and Medicaid Planning”	1:00 p.m.
Friday	Oct. 14	Current Events	10:30 a.m.
Monday	Oct. 19	Attorney Mello’s Office**	9:00 a.m.
Wednesday	Oct. 19	Art for the Mind “Famous Impressions”	11:00 a.m.
Wednesday	Oct. 19	Massage Therapy**	1:00 p.m.
Wednesday	Oct. 19	Painting Class with Ann DesRoches	1:00 p.m.
Thursday	Oct. 20	“Friends Of” Annual Board Meeting/Lunch	1:00 p.m.
Monday	Oct. 24	COA Board Meeting - Lower Level-New Time	8:30 a.m.
Wednesday	Oct. 26	Attorney John Kennan**	9:00 a.m.
Wednesday	Oct. 26	Annual Halloween Luncheon w/Brian Kelly	12:30 p.m.
Thursday	Oct. 27	Medium Karen Schermerhorn	1:00 p.m.
Friday	Oct. 28	Current Events	10:30 a.m.
Save the Date	Nov.1	Free Oral Health Screenings	9am-2pm

MONDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Walking Group
 9:00 Sandwich Stitchers
 (1st & 3rd)
 10:00 Cribbage
 1:00 Rummikub(down)
 1:00 Painting Group
 3:00 COA Board Meeting (4th)
 3:30 Yoga

TUESDAY

Seniors on the Go
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg
 1:00 PM Quilters
 1:00 Tai Chi

WEDNESDAY

Seniors on the Go
 7:45 20-20-20 Fitness
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:00 Painting Group
 1:30-3:30 Veterans’ Agent
 4:30 Restorative Yoga

THURSDAY

Seniors on the Go
 Thursday Shopping Van
 9:00 a.m. Walking Group
 9:00 a.m. Yoga
 9:00 a.m. Barber for Men
 10:00 a.m. Scrabble
 10:30 a.m. Chair Yoga
 Genealogy (1st)

FRIDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Cardio Fitness
 9:00 **Footcare (2nd)
 10:30 Current Events Discussion
 (2nd & 4th)
 12:30 Men’s Poker
 12:30 Hand and Foot

SATURDAY

9:00 20-20-20 Fitness

****APPOINTMENTS NEEDED—
 PLEASE CALL 508-888-4737 (COA
 OFFICE HOURS 8:30 A.M. TO 4:30
 P.M.) Exercise and Wellness
 Programs- Registration and
 Payments are due 1 week before
 the session starts. No Walk-Ins
 Not Responsible for
 Typographical Errors**

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2016.

2016 MEMBERSHIP

I/we wish to join/renew membership to the *Friends* of the Sandwich Council on Aging

Name _____

Mailing Address _____

Tel #: _____ E-mail: _____

Individual/Family Membership \$10

Business Membership \$25

In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated

**Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA)
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office
2016 Memberships run from November, 2015 to October, 2016**

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

In Lieu of flowers, please consider making a tax-deductible contribution in memory/honor of a loved one or to support a service provided by the Sandwich Council on Aging. This coupon is for your convenience in making a gift that will enhance services for Sandwich senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

A Living Memorial / Honor

I am enclosing \$ _____ (please make check payable to Friends of Sandwich COA)

and mail to PO Box 107, Sandwich MA 02563

Check one: () In Memory of () In Honor of

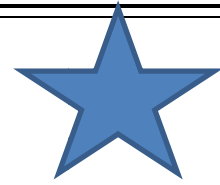
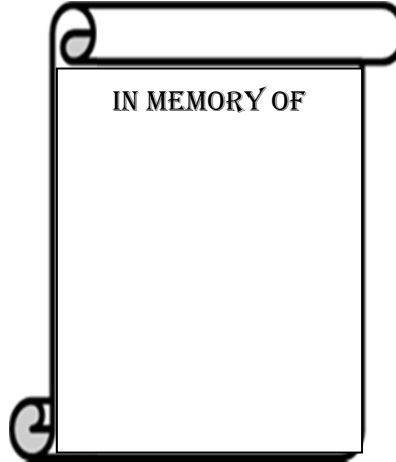
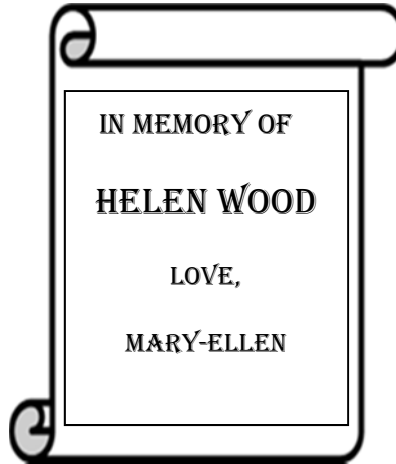
Name: _____

Send card to: _____ Donor's Name (your name)

"The Friends Of" are looking for volunteers to join their team. It's a great way to make friends and help the Council on Aging! The time has come to start advocating for a new center, but we need your help. Please come to one of our meetings and what we're all about. The next meeting is our Annual meeting and is scheduled for October 20th at 1p.m. A Panera boxed lunch will be enjoyed after the meeting. Please call 508-888-4737 to reserve your lunch!

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2016.

Jean M. Blevins
William & Laurie Chase
Karen Cotter
Nancy & Scott Elliot
Charles & Josephine Hickey
Robert Hawley & Carol North
Joanne Heatley
Pam Horn
John & Tonda Lamb
Judy Sillars
Marie Sullivan
Dorothy & Rodney Willette



The Friends of the COA would like to acknowledge and thank the following for their generous donations. Such donations are used to enhance services for the Sandwich citizens of today and tomorrow!

*Jean M. Blevins
Pam Horn*

9/7/16